

Case study

Tackling Isolation

Arun



The AUKWSBH centre in Bognor Regis specialises in fitness and has a modern, newly refurbished in-house gym for older people, which offers a range of equipment and classes in a friendly, encouraging atmosphere.

The gym staff are experts in helping older people stay active, as well as supporting them to rehabilitate following illness or injury. The team also work to provide at home fitness videos, for those unable to attend the centre.

- ✓ Active and involved
- ✓ More confident and resilient
- ✓ Independence maintained

*ALL NAMES HAVE BEEN CHANGED

Kathleen* – from having a stroke to putting on a show! A rehabilitation journey

Issues/challenges faced:

Kathleen, aged 74, sadly suffered a severe stroke in 2019 and remained in hospital for six months. She lost confidence, weight and muscle tone, which made her very unsteady on her feet.

Support given:

- Kathleen's daughter was aware of the great work that AUKWSBH does locally, at the centre and in the community and encouraged her to walk with a frame to the Laburnum centre to engage in some social activities.
- She was encouraged by staff to join in a chair based exercise class and a seated yoga class, which she did for a number of weeks.
- Determined to ditch her frame she then joined the friendly, accessible gym and received a personalised programme of support which outlined the exercises she needed to do to build the big muscle groups. Her issues with walking were due to wastage, not neurological issues.
- Kathleen was able to quickly drop the seated exercise classes and joined the low intensity dance classes. She also used stair climbing as a way to build strength.
- She joined a circuits class which builds in cognitive exercise, used in falls prevention classes and a floor based Pilates class... one she said she'd never be able to do because it involves getting up and down off the floor.
- Finally Kathleen joined a pole fitness class to keep fit and have fun.

Outcome

Kathleen came to AUKWSBH lacking in confidence and unsteady on her feet. After going on a rehabilitation journey, with personalised support and a variety of classes at different levels of difficulty, she now performs in pole fitness shows to the general public! **Her confidence has gone through the roof and she has a much wider social circle.**

Kathleen also takes pleasure in many of the social events on offer at the centre and prior to Covid was meeting friends socially at the Cafe. AUKWSBH has since stayed in touch thanks to staff and volunteers sending out the Bags of Support, magazine and Activity packs locally.